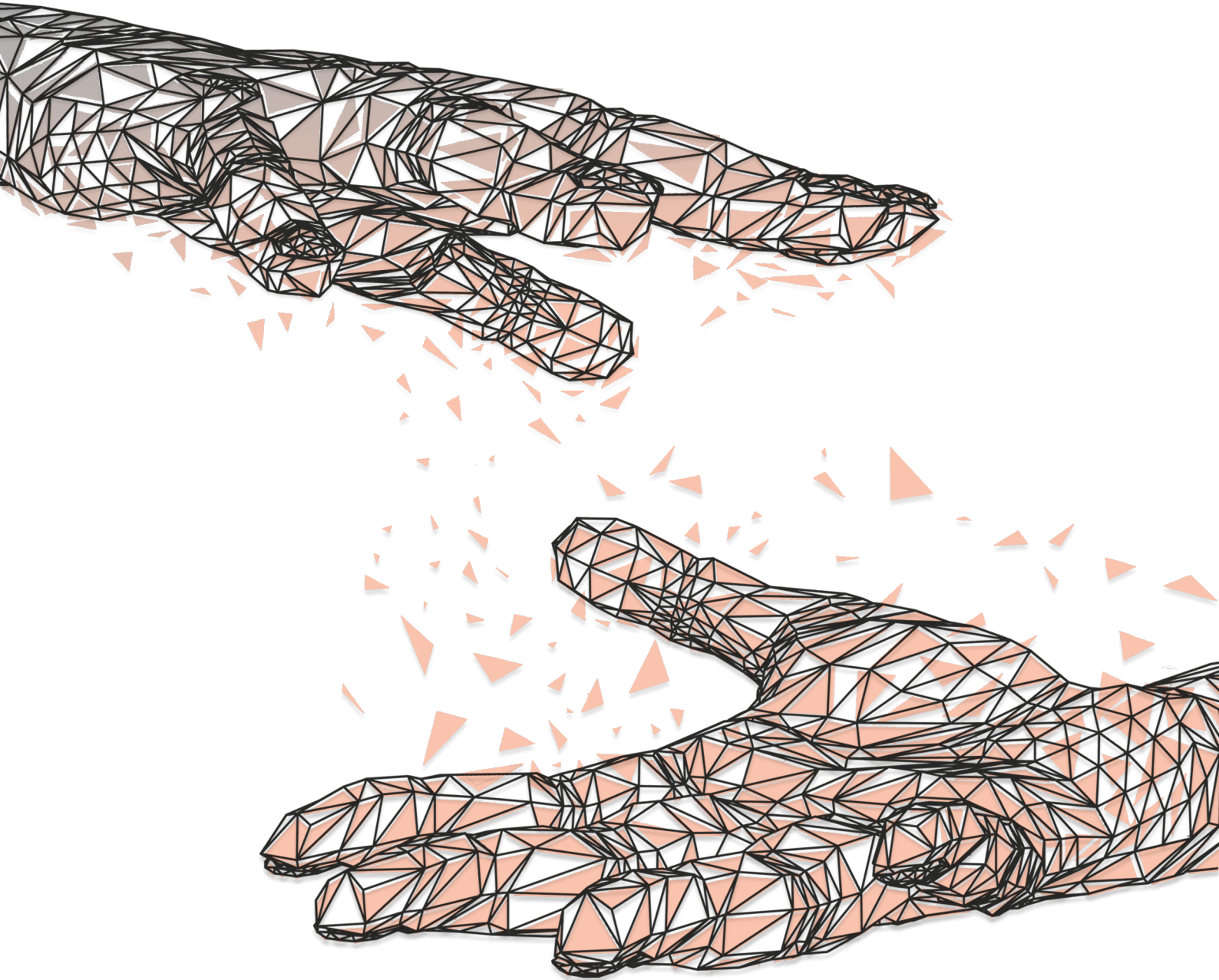


COUNSELLING PRACTITIONER BEGINNER TO ADVANCED



COUNSELLING BECCA
(DEMONSTRATION TRANSCRIPT)

Kain: What I'm now going to do, I'm going to stop speaking to you, if that's alright, and turn the focus right on Becca, because prior to us sitting down, I asked Becca if she would be happy to fill out this life balance workbook, this life balance questionnaire, which comprises of seven different sections, which breaks Becca's life down into seven areas, such as family, social, relationships, romantic relationships, can you remember what else we had in here?

Becca: Financial, money.

Kain: Personal finances, there was career, educational aspirations, we had health, recreation, leisure, life routine responsibilities, contribution given back, whether you feel your life's making a difference, because we want to be exploring all of these different areas, and lastly, your mental and your emotional health. Alright, now, what we agreed on, didn't we, was something that we would like to discuss throughout the next few sessions that we had together.

Becca: Yeah, that confidence was something that was brought up.

Kain: Confidence, alright. So I'm wondering if you would be able to give me just a little bit of context, help me understand exactly what you mean by confidence.

Becca: So, confidence has always been a bit of an issue for me, especially when I was younger, it was basically zero. As I got older I sort of learned to try and fake it, I suppose, so I'd get to a point where half the time I'm really quite confident and I started to push myself forward, but then it flips around and it can be quite...yeah, sketchy on whether I'm actually confident or not.

Kain: Okay, so it seems to me that in this area of your life, confidence, we've got a little bit of inconsistency going on, is that fair to say?

Becca: Yeah.

Kain: Sometimes you're feeling more confident than other times, alright, cool. You mentioned just a few moments ago when you were younger, you didn't have too much confidence when you were younger.

Becca: Yeah, that was probably reinforced quite a bit, because everyone gets report cards in primary school and high school, and I think every single report card I got back in primary school said, she lacks confidence, so that was...by the time I got to high school I was like, oh yeah, I just really...terrible with my confidence, I'll just accept this.

Kain: Okay, so it's kind of like a little bit of negative reinforcement had been going on, a little bit.

Becca: Yeah, quite a bit.

Kain: From your teachers.

Becca: Yeah, my teachers, and then they were telling my parents that I had no confidence, so they're telling me, oh, you need to work on this.

Kain: And I'm guessing that back at that stage of your life, you didn't have the faintest idea of where to even start.



Becca: Yeah, I'm like nine years old going around going, what do I do?

Kain: You're nine years old, and all these fully-grown adults are giving you hassle about not being confident enough.

Becca: Yeah.

Kain: Interesting, okay. So, are you happy for us just to explore this, just to see where it goes, we're just going to have a conversation. You can be as honest with me as you're comfortable being. There's no rules, there's nothing you can say that's right or wrong, alright? So the more honest we can be, the better. Let's see if, between us, over the next few hours, we can work out where it is that this confidence issue has come from, and then towards the end of our sessions together, we'll see if we can agree on a couple of steps that we can start taking right away about improving and growing in this area of our lives. So if I was just to ask you, first and foremost, see if we can set and establish a goal, a really cool goal for our time together, if you were to rate your confidence, in life, in general, as a person, when you're perhaps interacting with new people, relating to people, personal, social, professional, whatever, between one to ten, where does your confidence tend to sit?

Becca: Probably smack bang in the middle at five.

Kain: Smack bang in the middle at five. So can I write this five down?

Becca: Yeah.

Kain: So we've got five, confidence, alright? Would it be okay for us, over the next few hours, to see if we could learn some things, understand some areas of your life that might raise this confidence from a five to a six?

Becca: Yeah.

Kain: Do you reckon that would be okay?

Becca: Yeah.

Kain: So we can go for that. So if we can raise it to a seven or an eight, that would be fantastic, but a six would be a pretty good start, is that okay?

Becca: Yeah.

Kain: Fantastic. Right, so what I would be interested just to explore first and foremost with you, if that's okay, is how your confidence works in relation to your parents, to your family, the most significant relationships that you have in your life.

Becca: I'd probably say I'm more confident around my friends than my family.

Kain: You're more confident around your friends than your family.

Becca: Yeah. It's just that I always feel like – I don't know – my close friends, I'm 100 percent confident around them.



Kain: So your close friends you're 100 percent confident, so you don't have any problem with confidence when you're around close friends.

Becca: Yeah.

Kain: Alright, and family?

Becca: Most of the time it's okay. I suppose when I get to some subjects, I have this tendency to just – I don't know – if they're talking to me or asking me questions, sometimes I just deflect them because I don't want to hear their responses to stuff or I don't want to have to try and explain myself.

Kain: You don't want to have to explain yourself to your family sometimes.

Becca: Yeah, or I feel like if I try and tell them something, I'm like...I've got this in the back of my head they'll be like, oh, I don't want to...it's going to be bad, the response.

Kain: That's good. So just to help me get clear, I just want to make sure that I understand this. So the five percent confidence, the five out of ten, that's generally, when you are at 100 percent confident, that's with friends and people that you know. I'm wondering what it is that you have in those relationships that you perhaps might not have quite so much of with your family, your parents.

Becca: Yeah. I don't even know what it would be, but it's just...it's something when I'm around my friends that just...I don't know if it's because you pick your friends, you don't pick your family, so they just know me and they understand me more, I suppose.

Kain: And they understand you.

Becca: Yeah, like I could tell them anything, and they'll either sit and listen and try to understand me, or they'll just understand me already, but sometimes if I try and sit and explain things to my family, they'll jump to conclusions.

Kain: Jump to conclusions.

Becca: Yeah.

Kain: Interesting. See when your family jump to conclusions, how often would these conclusions be accurate?

Becca: Not very.

Kain: Not very often. On a scale of one to ten, one being never, ten being all the time.

Becca: I'd say somewhere in the middle, because sometimes I'll not even give them half the information, so they work on so very little because I just don't want to even go there.

Kain: So you give your family minimum information and it seems to me that you might give them a certain amount of information. When we're talking about information here, are we talking about information as in details, knowledge, or are we talking more about truth that's actually got to do with what's happening in your life?



Becca: Probably both.

Kain: A little bit of both.

Becca: Yeah, so for example, if I was...even something as simple as if I was going out with some friends, but it was people that they didn't know yet, or I hadn't told them about it, I might just not tell them who I'm going out with, and they'll just assume it's people they know, because I can't be...I don't want to have to sit and explain who these people are, because then I might get 50 million questions.

Kain: 50 million questions.

Becca: About...who...yeah.

Kain: Like an interrogation.

Becca: Yeah, and it does feel like an interrogation, and it feels like I'm being judged.

Kain: Feels like you're being judged.

Becca: Yeah.

Kain: Could we have a look at judgement, what's judgement for you?

Becca: It would be a little bit like...judgement...how do I even explain this?

Kain: Just if you find it easier sometimes, what I like to do is I'll just look and see, don't worry about explaining it to me rationally, just like what it actually is, might be how it makes you feel, might be a picture, anything like that. Keep it as simple as possible.

Becca: I suppose judgement, it always makes me feel negative.

Kain: Judgement always makes you feel negative.

Becca: Which, if you think about judgement, it isn't actually a negative thing, but I suppose I always associate it with negative things, yeah.

Kain: So when you feel like you're being judged by, say for example, your parents, family members, would that be the kind of relationships that you'd be likely to experience judgement more through?

Becca: Yeah.

Kain: Yeah, okay, so we're starting to get clear now, so it seems to me that you experience more judgement from your family members. I'm wondering if it's this problem, judgement, that you don't experience quite as much of with the friends that you feel 100 percent confident around.

Becca: That's almost exactly it. The thing is as well, with...when I'm being judged or if I feel like I'm being judged by my family, it always feels like it's really personal, so I just...that knocks my confidence.



Kain: That knocks your confidence, so when your family are jumping at conclusions, arriving at assumptions, they're making decisions about what you're doing, perhaps what your intentions are, things like that. Now, I don't know, I can just relate to times in the past when I've been judged, because I hate judgement too, absolutely hate being judged, or hate feeling like I'm being judged. When I'm being judged, it feels like someone is assuming that they know what my intentions are, so it's kind of like someone just is so quick to make a decision or assume that I'm worse than what I am.

Becca: Yeah, that's almost...that's exactly it.

Kain: That's exactly it.

Becca: Yeah.

Kain: Well, that's pretty understandable why that's a problem, because I guess it's not really fair, is it?

Becca: No, and I think it is the fact that it happens so much more with my family than it does with my friends, because it feels like that should be the other way round.

Kain: It happens a lot more with your family than your friends.

Becca: Yeah, which I guess it's just because my family tend to worry quite a bit. Well, my mum tends to worry quite a bit, so she's quite...one of these people that would jump to...not jump to conclusions, but it feels like it, because maybe the tone of the voice she uses, or maybe like I'll ask her to explain herself and she's like, oh no, nothing, it doesn't matter, doesn't matter, and then I might get confused, so I'll just assume that it's something that's flawed in me.

Kain: So it's kind of like you have a habit of arriving at the worst possible conclusion that you could come to about you.

Becca: Yeah.

Kain: And how does that impact your confidence?

Becca: Then I sort of go, woo.

Kain: It slides downhill, does it?

Becca: Yeah.

Kain: What does that mean?

Becca: Usually just hit the bottom of my confidence, because it does sort of fluctuate, so then like one moment I'm like oh no, I can do this, and I'm doing the right thing and everything's fine, and then the next minute I'm like so down on myself every second, I shouldn't do this, or like I'm doing the wrong thing.

Kain: Got you, so it seems to me...now, what I'm trying to do here, I'm seeing if we can find a whole load of jigsaw puzzle pieces, see if we can fit them all together in



a way that makes sense. Now, I don't know, because I've never experienced your life, so I'm doing my best to understand. If you were to relate, how is it we're just chatting right now, do you feel I'm judging you?

Becca: No.

Kain: No?

Becca: No, I don't feel judged at all.

Kain: You don't feel judged at all? Is that good, is it?

Becca: That's a good thing.

Kain: That's a good thing, oh, fantastic, I must be getting something right. Fantastic, so how does the way that we're communicating right now compare to your friends, when you're having a conversation with your friends?

Becca: Quite similar, they just ask questions, find out the answers, take time to listen.

Kain: Ask questions. So do you feel understood by your friends?

Becca: Yeah.

Kain: So I'm wondering what it is that you're not getting with the relationship with your parents that's triggering this confidence problem.

Becca: I suppose one of the things that...there would probably be a difference, and I don't know if it is something that actually happens, or if it's just something in my head, is that maybe they don't take time to listen when I'm trying to explain something, or they make an assumption before I've fully explained it.

Kain: Interesting. So before...so rather than just hear you out, they will arrive at an assumption about what it is you're about to say or what you've done, and they won't actually invest that time into asking you questions and really trying to understand you.

Becca: Yeah, yeah.

Kain: So it's like they're assuming the worst.

Becca: Yeah, and then I feel like I am the worst.

Kain: And then you just take that on as if it's true.

Becca: Yeah.

Kain: Okay. So I wonder if there's any other areas in your life where you can identify this same, or even similar, sort of problem.

Becca: Maybe in my work.



Kain: In your work. How does that work, in your work?

Becca: That's probably another area where my confidence bounces from I'm really good to, no, I am terrible, there are so many other people better than me. To give a little bit of context, I'm a photographer.

Kain: You're a photographer.

Becca: Yeah, but that's my main passion is photography, and the thing is, there's so many people that are photographers that are skilled, that produce amazing work, that it's really hard not to compare yourself to other people, and then because your work's constantly being viewed by others, they're always...they're going to judge you, so you sort of have to deal with being judged, and then if someone doesn't like your work it's like, oh no.

Kain: What happens...what do you end up doing to yourself? Let's just say for example someone else is really hard on you and your work, how then do you treat your...

Becca: I'm the worst ever, like why am I even doing this, why am I a photographer, I'm terrible.

Kain: Have you ever found yourself to be a worse critic than all the critics out there who are criticising you?

Becca: Yeah.

Kain: Have you? I can definitely relate to that. How many people in the world do you think do that? In secret, in secret.

Becca: Almost everybody.

Kain: I reckon we all do that a little bit sometimes, don't we? Okay. So this issue of confidence, just so we're totally clear, it fluctuates, so it's not so bad when you're around friends, it's not so bad when you're around people that you trust, people that you know, people who you feel are interested in you, who are asking you questions, trying to understand you, but when people are really quick to jump to conclusions or make assumptions or not listen to you or hear you out, you feel judged in those relationships, and it's those relationships that impact in some way, this low confidence.

Becca: Yeah, that actually sums it up quite a bit.

Kain: That sums it up quite a bit. Okay, so...now, I just wrote down a little word just before, and I was wondering if we could just have a...just talk about it for a few minutes, just see where it goes, I've got no idea. Sometimes I get these little hunches, you see, because what I understand is that sometimes we can learn lessons from our parents and things like that, that we're not even aware that we learn, honestly, I spent pretty much most of my growing up life trying my best to be the complete opposite of my dad, and guess what I realised? I think I woke up around about the age of 27 or 28, and guess who I'd turned out like?

Becca: Your dad.

Kain: Exactly, that wasn't planned, definitely wasn't planned. So there's one word that I heard you mention earlier on, and it was about your mum and fear.



Becca: Oh.

Kain: Oh, what does that mean?

Becca: So you just said that and I'm like, mm-hmm.

Kain: Fear.

Becca: Fear.

Kain: This is where I'm going to shut up and just give you a little bit of space.

Becca: The first thing that comes to mind is like being afraid of disappointing her.

Kain: The first thing that comes to mind is being afraid of disappointing your mum.

Becca: Yeah. She always...when I was in high school, she always got really excited, because I wanted to be a zoologist.

Kain: So your mum got excited because you wanted to be a zoologist, so she liked that, she approved of that.

Becca: Yeah, she got all excited, she's like, oh, it's got this fancy title and I'd be working with animals and basically being like, oh, look at this bigshot scientist, and I think she got it in her head, because I was determined to do that, and then it got to the end of high school, and I went to go to college to start out on that path, and I got into college and I wasn't doing anything creative, and that was at the point when I realised that I actually need to be creative, that was the main passion in my life, so I kind of flipped the board and decided I was going to be a photographer, and that kind of...

Kain: And you broke the rules, did you?

Becca: Yeah, that kind of blew my mum's mind a bit. She was just like, but what? But you've always wanted to be a zoologist, you've always wanted to work with animals.

Kain: I'm wondering, I mean, this is just for you to see, I'm wondering who wanted you to be a zoologist more, you or your mum.

Becca: Well, it was me, but that was more because I loved animals.

Kain: You loved animals, so it was kind of suitable.

Becca: I didn't...yeah. Well, I didn't quite fully understand how much science was behind it, I suppose.

Kain: Technical stuff.

Becca: Yeah, and as much as I liked it, it involved more maths than I like, because I despise maths.

Kain: Oh, and you don't like maths, and maths was the big turnoff, was it?



Becca: I don't like maths, that was eventually the point when I went, you know something, I can't like...there are easier ways to help animals than being a zoologist, and...yeah.

Kain: So it seems to me that initially it seemed like a nice idea being a zoologist, a pretty cool title, I don't even know what a zoologist is. Mum liked the title zoologist, initially you did, made sense, because you loved animals, but at some point you came to the realisation that that actually wasn't going to tick all your boxes.

Becca: No, the practicality of everyday life of it wasn't what I wanted to do.

Kain: Wasn't a right fit for you.

Becca: Like there would obviously be times that it would be really exciting and really fun and you'd be going to different countries and doing different work, but that, coupled with the fact that that's not going to be your everyday, that's not going to be the most of what you're going to be doing, that in fact it's such a hard subject to get into and get a job in, which, funnily enough, there's the one thing that my mum was really freaking out when I said I wanted to be a photographer, she was like, but how are you going to make a living? How are you going to get a job doing that? And she didn't quite understand that actually it would be just as difficult to do zoology, but she always just thought, oh, a scientist, you'll get a job.

Kain: So it seems to me that that was...when your mum said, how are you going to make money, was that fear?

Becca: Yeah.

Kain: That was fear.

Becca: Yeah, she was...she openly was panicking saying, but there's so many people, how are you going to support yourself?

Kain: Going to support yourself and how are you going to make money for yourself. I'm wondering how your mum's fear then impacted your fear.

Becca: I suppose it does sort of make me nervous when someone else is doubting my ability to make money, doing the thing what I do.

Kain: So if your mum was doubting your ability to make...to develop a sustainable career in this area that you're actually really passionate about, that provoked you to...

Becca: Lack confidence.

Kain: Lack confidence. Interesting. I'm wondering, if we're now starting to perhaps create a few links, what it seems to me right now, this is where I'm going to need you just to make sure that I'm getting this right here, because you're definitely the expert of your life, so it seems to me that there's a big connection in your life between confidence and approval. Now, I just saw your eyes go...so that's a brilliant demonstration of me practising immediacy right here for all the good people at home, so I saw Becca's eyes got, ohhh, have I just...is that the truth, is it?

Becca: Yeah, that's like a hit the nail on the head moment.



Kain: Hit the nail on the head? Well, I'm very glad we've hit the nail on the head, otherwise this would have been a failed demonstration. This is what we really want to do, we want to start creating a couple of links, see if we can just start fitting some of these jigsaw piece puzzles together, and I reckon this is a pretty big one. It seems to me, and it would be great if we could just explore this for the next five to ten minutes, see if we can just work out the connection between confidence, your confidence as a woman and the approval that you get from other people.

Becca: Yeah.

Kain: What does that mean?

Becca: When you put confidence and approval next to each other, I don't like it.

Kain: Is that uncomfortable?

Becca: Yeah, because I'm always a person that sort of like in my head advocates that you don't...you shouldn't need approval from other people to be who you are, but when you said it I was like, that's how I feel.

Kain: Ah, so when you're on that five confidence, that 50 percent, would you be...when you're at that five, be gaining much approval or little approval?

Becca: I would probably be lacking in approval.

Kain: You'd be lacking in approval, from who?

Becca: Probably family.

Kain: Family?

Becca: Yeah. So whenever I'm around my friends it's like they're just so encouraging and so like, yes, you should do this.

Kain: Now, this is interesting, this is really interesting. I'm going to see if we can work out exactly what it is we get from friends that is encouraging this full confidence. How's your confidence here with me right now?

Becca: It's pretty good, better than I thought I'd be.

Kain: I knew you were worried a little bit before we got started, weren't you, but we're doing alright, you feel like we're getting on okay here, it's not too...there's not any pressure, I'm not asking any really challenging tough questions or anything like that, it feels okay.

Becca: Yeah, it's doing pretty well, considering I tend to prefer to be behind a camera.

Kain: You prefer to be behind a camera, which is quite ironic, isn't it?

Becca: Yeah, it's a little different.



Kain: So I'm wondering, when we're with friends, we're not going to be getting any judgement, is that right?

Becca: Yeah.

Kain: So we're not going to be getting any judgement with friends, otherwise we're not really going to be friends, but we are getting a little bit of judgement from...or assumptions made from Mum. Would you say it's Mum more than Dad, or Dad more than Mum?

Becca: Probably equally, but I tend to talk to my mum more about things.

Kain: So you talk to your mum more about things than you do to your dad, okay, that's interesting. So when you are making decisions about anything, just thinking about what you just shared, when you changed your mind, you didn't want to be a zoologist anymore, and you wanted to become a photographer, what did you base that decision on? What made you want to really make that decision?

Becca: It was a mixture of how I felt and at the time I probably spent a lot of time discussing it with some of my friends.

Kain: Okay, that's interesting. So you spent a lot of time discussing this with friends, for what purpose?

Becca: They're really good at...my close friends are really good at telling me their honest opinion without it feeling like it's judging, so if I was doing something that seemed totally unrealistic and not like me or something, they would tell me straight out and be like, why are you doing this, it doesn't seem like you? Or if they thought it was something that, yeah, I could totally do, or that they think I would be happy in, they're like, yeah, you can do this.

Kain: Okay, so it seems to me that your friends and people that know you and care about you would offer you encouragement?

Becca: Yeah.

Kain: Offer you encouragement to pursue the things that you actually want to pursue in life. There's a big difference, isn't there, between doing something in life that we think we should do and something that we actually want to do. It's kind of the difference between choosing the sensible job and the job with the role that we actually are passionate about.

Becca: Yeah.

Kain: Okay, so you've now chosen something that you're passionate about, yeah? How do your friends feel about this?

Becca: They think it's great.

Kain: They think it's great?

Becca: They think it's great. They think I'm happy, so then if I'm happy, then that's what matters.



Kain: Okay, so your friends think you're happy. What leads them to believe that?

Becca: They see it.

Kain: They see it?

Becca: Yeah, they just...like they notice when I'm happy or if there's something wrong, because they always pick up if there's something wrong and they'll ask me about it.

Kain: They're paying attention, are they?

Becca: Yeah.

Kain: So looking out.

Becca: Yeah.

Kain: How about your parents?

Becca: Sometimes they get it wrong.

Kain: Sometimes they get it wrong. In what ways?

Becca: So I think it comes from a worry perspective, that sometimes my mum thinks there's something wrong with me and there's actually not, and maybe it's just because I'm quieter, but then it's a different environment as well. Most of the time I see them is in the house, so sometimes she thinks that there's something wrong or that she needs to worry about me for some reason, and I don't know if maybe that makes her think that there's something wrong, but I might be fine. Then again a lot of the time they won't pick up, because they might be busy or they're living lives, they might miss the fact that there's something wrong, whereas if I go and see my friends, immediately they notice, but like...yeah.

Kain: Interesting. I'm wondering what the relationship would benefit from or what there could be more of in this one relationship that might...maybe not right away, but maybe over a little bit of time might help to perhaps reduce this worry just a little bit.

Becca: I just thought of something there the now, and I didn't realise that I did it until I actually started talking about it, but...

Kain: Is that a connection, have we made a link, have we?

Becca: Yeah. If I'm going to see my friends, I have a tendency to be able to just openly tell them something's wrong, so I might...we might meet up and I'm like, this has happened, I feel terrible, and I don't do that with my family, but like I know if I say that to my friends, they're not going to like...they won't react badly to it, we'll just chat about it and then it'll be better.

Kain: I wonder what would happen...hypothetical situation here, one of your close friends was to really get it wrong one day and make an incorrect assumption, just say for example they jumped to an assumption, came to a conclusion that was a million miles away from what's true for you, they just totally got it wrong. Obviously you have that relationship with them, so how would you respond to this friend differ-



ently to how you respond to your mum?

Becca: I would just tell my friend.

Kain: What would you tell them?

Becca: If they came out with something...

Kain: Pretend I'm that friend, tell me.

Becca: I'd probably just tell them straight out, so, no, that's wrong, and like I'd explain it, whatever the situation was, I would explain it, and they'd either be able to tell me, alright then, I get that, or maybe we might talk about it for ages, and then sometimes I've actually done that, we've spoken about it for ages and actually realise my friend's right.

Kain: Okay, alright. So you'd be more inclined to talk about this with your friends, one of your friends.

Becca: Yeah, I'd probably...like I could see myself spending hours just discussing whatever it was until we just pulled whatever it was apart, figure it out.

Kain: Pull apart the problem, see what we've got, see what all the components are and see if we can put it back together again in a way that makes better sense.

Becca: Yeah. I always said that like to my friends I don't need therapy because I've got them.

Kain: You don't need therapy, you'd put people like me out of business, tell your friends that therapy's good.

Becca: That's why I've got my family.

Kain: That's why you've got your family? Apparently that's not working too well, is it? Oh dear. Alright, so see when it comes to confidence, if we just come back to this confidence issue, who is it that we would speak to about confidence?

Becca: I'd go to my friends.

Kain: Yeah? Have you got one or two close friends that you would talk about confidence.

Becca: Yeah.

Kain: Do you think that your mum and your dad know about how it is that you struggle with confidence sometimes?

Becca: To an extent. I think they realise that I have low confidence, but I think as I've got older I've been able to hide it better, so they don't notice it so much.

Kain: Kind of like wearing a mask at Halloween.

Becca: Yeah. I mean, they must know, because like when I was younger, I was always getting told by teachers that I didn't have confidence, so people told them.



I don't know if they quite saw it.

Kain: They don't see it. Have you ever really messed up? Have you ever arrived at a really, really bad decision or a totally wrong assumption? You know when you've been having a conversation with one of your friends and they say something, and then you just go and you respond and you just literally got it totally wrong.

Becca: Probably at some point, I can't think of any examples right now, but I'm sure they're there.

Kain: Have your friends ever done that with you?

Becca: Yeah.

Kain: How did you respond?

Becca: Probably with like outrage.

Kain: Outrage?

Becca: Maybe not to that extent, but like being like, oh my god, no, that's not right.

Kain: That's not right, so you would tell them. Do you think your friends care about you?

Becca: Yeah.

Kain: Do you think your friends have your best interests at heart?

Becca: Yeah.

Kain: Do you think that your friends would intentionally want to upset you about anything that would damage your confidence?

Becca: No.

Kain: No? Why?

Becca: Because they're my friends, I wouldn't have them otherwise.

Kain: Because they're your friends, so how confident are you that your friends have 100 per cent got your back?

Becca: I'm 100 percent confident.

Kain: 100 percent confident, so when you're with your friends, you're 100 percent confident. Alright, cool. Let's just say, because sometimes we all make mistakes, when one of your friends gets it wrong sometimes, which we all do, because we all get it wrong, and then they arrive at a wrong assumption or something like that, you're just going to tell them, you're going to be honest with them.

Becca: Mm-hmm.



Kain: How do you think or how might your mum feel if she knew that the assumptions that she arrives at sometimes about you were impacting your confidence in such a way as this? What would that mean?

Becca: That would probably really upset her.

Kain: That would really upset her.

Becca: Yeah.

Kain: I just noticed you went...

Becca: She always has like...she always wants the best for me, and she always like...she doesn't ever want to...I know she doesn't want to ever make me feel bad, I know that, but obviously sometimes she does.

Kain: Okay. So does that mean that we can actually separate your mum's intentions from her actions and behaviours?

Becca: Yeah.

Kain: So it's like her actions, her behaviours are totally different from her intentions, so she means well, but she just developed a few bad habits over the years, something like that.

Becca: Yeah.

Kain: Okay. I'm wondering, if there was one change, one thing that we could start doing differently right away that would actually start raising that five to a six, if it had to be something, if it absolutely had to be something, what would it be?

Becca: It could...I could probably sit down and actually talk to my mum about it.

Kain: You could sit down and talk to her about it.

Becca: Yeah.

Kain: Let's just say...I know I don't look anything like your mum.

Becca: No.

Kain: No? Right, so let's just say we'll have a dummy run. Do you ever have these imaginary conversations with people, or is it just me?

Becca: No, I do that too.

Kain: Imaginary conversations, so you're as normal as I am, that's great to hear, we've got something in common. So if we were to have one of these imaginary conversations, because sometimes it can be good to practise these sorts of conversations before we have them, so that when we open our mouth and speak, we actually say what we mean rather than just...urgh...do you know what I mean by that?



Becca: Yeah, that's probably one of the things that worries me is that I'll try and talk to my mum about these things, and I'll say it wrong, and then she'll jump to another assumption or I'll jump to an assumption, and then I've made her feel bad and then I feel bad because I've made her feel bad.

Kain: And then she feels bad because she made you feel bad and in turn made her feel bad and then everyone feels bad.

Becca: Yeah, that's not what I want.

Kain: It's like a vicious circle that, isn't it?

Becca: It is.

Kain: So we want to see if we can establish what the most appropriate and most effective next couple of steps could be, yeah? Okay. So we know what it is that we have in the relationships with friends. Are we now starting to get a little bit clearer on what we don't have with Mum and Dad?

Becca: Yeah.

Kain: If we were to use a couple of words just to say what it is that we don't have with Mum and Dad that we would actually like more of with Mum and Dad.

Becca: Confidence.

Kain: So you'd like more confidence, but I'm going to say that confidence would come as a result of something else, so what would that something else have to be? If it had to be something.

Becca: More communication. I'm always talking to my friends about things that are going on, always telling them, we're always chatting about things and explaining stuff.

Kain: Okay, so if we just focus on this more communication, what type of communication would it have to be, specifically, because we couldn't just be chatting about the weather, could we? But it probably would impact the confidence thing, so if it had to be a certain type of communication, if we just compare it to the type of conversation we have with friends, or even the type of conversation that we're having right now, this is okay, what could we perhaps find some way of building more into the communications that we have with Mum and Dad? If we find a way, what could we see about perhaps getting more of in these communications?

Becca: Not quite sure. I don't know how to make it more specific than a generalised sense of chatting with them about my problems.

Kain: So chatting about your problems. I'm assuming you like Mum and Dad at least.

Becca: Yeah.

Kain: You love them?

Becca: Yeah.



Kain: So on some level you're at least friends-ish, something like that, well, that's good, that's a starting point, so it means you can speak to them, but it would be great if we could make it better. So if we could make it better, what would...if there was one thing we could add into the relationship between you and your mum that would make it better, one thing, what would it be?

Becca: Trust.

Kain: Trust, fantastic. What is it that we would need more of in order for there to be more trust? This is where we're just going to start looking.

Becca: I know.

Kain: Looking at all these places we haven't looked before.

Becca: Not quite sure.

Kain: Not quite sure, but if it had to be something in order to start developing more trust to this relationship, which would give you more confidence, what would you need to start building and developing the trust?

Becca: Keep coming back to communication and talking.

Kain: Talking more...

Becca: Freely.

Kain: More freely, brilliant, and how would that look or how would that sound, how would it feel?

Becca: I would feel better if I could just...yeah, if I could talk to my mum about the same stuff that I can talk to my friends about.

Kain: And what sort of stuff is this? I'm not talking about the details.

Becca: Yeah, more personal stuff, I suppose. I suppose more about how I feel.

Kain: More about how you feel, more personal.

Becca: Yeah.

Kain: If we were to use one word, would this mean you perhaps being more honest?

Becca: Yeah.

Kain: Interesting, because I'm assuming that you don't have that problem with your friends.

Becca: I'm really honest with my friends, actually we're all really honest with each other.

Kain: So you know where you stand with them, they know where they stand with



you, but with Mum and Dad, you don't 100 percent know where you stand with them, they don't 100 percent know where they stand with you.

Becca: Yeah.

Kain: And what part is honesty playing in that?

Becca: It would probably mean a lot, because a lot of the time I just say that I'm feeling fine, even if I'm not, you just sort of brush it off and you're like, yeah, I'm okay, I'm fine.

Kain: So basically you're just a fibber, you're telling fibs.

Becca: Yeah.

Kain: You're being dishonest, my goodness, oh dear. So I'm wondering how it is...I'm just wondering, are Mum and Dad mind readers, by any chance?

Becca: No.

Kain: They're not mind readers.

Becca: If only.

Kain: If only, ah, okay. So if Mum and Dad aren't mind readers...I'm not a mind reader either, by the way, are you?

Becca: No.

Kain: So none of us are mind readers, that's good, we've established that, good stuff. So if we were to start being more honest in the relationship, and I'm guessing there's possibly a few things to think about here, isn't there? There's being honest about ourselves, if we're going to be being honest, then there's being honest sometimes with other people in terms of what's not working. Say for example if one of your friends was to make an incorrect assumption, you'd tell them, right?

Becca: Yeah.

Kain: Yeah, you trust them, yeah?

Becca: Yeah.

Kain: But I'm guessing if the trust has already been damaged in another relationship, for example with Mum or Dad because of a few assumptions that have been made that maybe you weren't 100 percent totally honest about, what would that mean?

Becca: That would make everything a lot better.

Kain: Make it a lot better. Interesting. Do you think that perhaps in the next session, next time we get back together again, we could perhaps just explore a few strategies or maybe a few changes that we can start potentially making right away that might start building and bringing a bit more trust into the relationship that we have



in this area of life, what do you think would happen as a result of this, if we were able to do that? Find some way, if we were able to find some way.

Becca: I'd probably relax a lot more, feel more confident.

Kain: You'd probably relax a lot more and feel a lot more confident. So probably, on a scale of one to ten, as in one, there's absolutely no chance this is going to happen whatsoever, and ten being, it's absolutely most likely definitely going to happen, what sort of likelihood do you think?

Becca: Higher than five.

Kain: Higher than five.

Becca: Yeah, somewhere between five and ten.

Kain: Somewhere between five and ten, so I'm taking it that would be a good thing. Alright, so how would you feel about coming back again this time in...I don't know, when's good for you?

Becca: In a week?

Kain: In about a week? Later on this week or next week, something like that? So what we'll do, we'll get a time in the diary, we'll get back together again for around about...is this okay? Between 45 minutes to an hour, something like that, and we'll just see how things have changed for you over the week which has gone, this time next week, and we'll see if we can perhaps just expand on some of the things we've talked about today. Is that alright?

Becca: Yeah.

Kain: Okay. How has this felt for you? I know this has been your first time ever speaking to a counsellor, how has this been for you?

Becca: It was actually okay, it's not as intense as what I thought it was going to be.

Kain: It's okay, not quite intense.

Becca: Yeah, it was quite relaxed, even though I've got a camera on my face.

Kain: Even though you've got a camera in your face it's felt relatively relaxed. Fantastic, well, that's really all that we were hoping to achieve here. So thank you, Becca.

END OF SESSION 01



START OF SESSION 02

Kain: So tell me, how was last week's session? I know that was your first ever experience of counselling,

Becca: It was a lot more relaxed than I thought it was going to be.

Kain: It was a lot more relaxed. What did you think it was going to be, out of interest?

Becca: Stressful.

Kain: You thought it was going to be stressful? My goodness. Have you watched some counselling-based movies?

Becca: I haven't, I don't think I've ever seen a movie actually where there was a counselling session in it, so like...probably just some...in the back of my head some stigma about sitting on a couch, lie back.

Kain: Some stigma, sitting on a couch, some guy with a dickie bow tie, so how do you feel and what's your relationship like with your father and stuff like that, perhaps in a Darth Vader voice, I'm your father, Luke, I don't know if that's inappropriate.

Becca: That's pretty much everything that I know.

Kain: That's pretty much everything you know, oh my goodness. So having gone there, last week we did talk about some stuff, didn't we? We talked about your confidence which was a five.

Becca: Yeah.

Kain: Yeah, what does that mean?

Becca: The first thing that I remember is just the confidence and the approval link.

Kain: Oh, very good. Well, I was going to ask you whether you took anything from last week's session, but you remembered the confidence approval link. Now, you've had a few days to think about this, to reflect upon it. What sort of connections have you made?

Becca: So the first thing that does come to mind is a few days ago when I was speaking to my mum about something.

Kain: A few days ago you were speaking to your mum.

Becca: And just like...I don't know if it was because I was in a sort of bad mood or something or there was something up with me, but she asked me what I was doing, and I told her, and it was just the tone of her voice when she was asking me questions, it sort of metaphorically got my hackles up, and I immediately felt really defensive, and it wasn't until later on when I kind of went...and I thought about it, and I was like, it is like a cheat sheet. It seemed in my head that she was disapproving, but in actual fact she was only asking questions because she was concerned.



Kain: My goodness.

Becca: Yeah, the fact that I'd thought about it and I was like, calm down, and I wasn't quite so... in a funky mood.

Kain: Okay, so if I can just get clear, so we discussed last week that there is a connection between you getting approval or you feeling like you're getting approval, and your confidence, so at some point just a few days ago, you and your mum had had an interaction, brief interaction, and you felt as if your mum was assuming something.

Becca: Yeah, and being disapproving.

Kain: And being disapproving, so you got your back up in the short term until you realised that perhaps that might not be the case.

Becca: Yeah, and I did spend a little while after the initial conversation with my mum feeling like, oh, maybe I'm doing the wrong thing, maybe I shouldn't...I'm in the wrong, and then it wasn't until I'd calmed down and thought about it for a little while that I had come to conclusion that no, it wasn't that she disapproves, it was just that she's concerned, so she's asking questions.

Kain: Interesting. So it seems to me that you've perhaps become a little bit more aware of how it is that perhaps other people are experiencing you in the same way that you're experiencing them.

Becca: Yeah.

Kain: My goodness. Well, this is actually one of the main purposes of counselling anyway, it's just to help us become more aware of ourselves, because the more aware of ourselves that we become, the more aware we become of other people, and I'm guessing that in the same way that you would most likely not have the agenda to go out of your way to hurt your mums feelings, there's a pretty good chance that she's not doing the same.

Becca: Yeah. I know she doesn't go out of her way, she really doesn't want to hurt my feelings about things.

Kain: She doesn't want to hurt your feelings.

Becca: It just happens sometimes, but that might be more of a me thing than a her.

Kain: Interesting. I tell you, can I ask...could we just have a look at this a little bit? It's an interesting idea. If you were to point to where...when these feelings come up, when they bubble up, if we had to give them a name, what would we call them? You know you mentioned the word, was it tizzy or...what was the word you used?

Becca: A funk?

Kain: A funk. Is having a funk the same as having a tizzy?

Becca: No.



Kain: No, it's not, okay, I don't know what a funk is. Basically what is a funk?

Becca: I don't know, not quite so...having a bad day, just having like everything just affects you differently.

Kain: Everything affects, okay.

Becca: So like you wake up and suddenly you've missed your alarm so you're 20 minutes late, and it's not really a big deal, but that day you're having a funk, so it's a massive deal.

Kain: So it's like one of these days where everything's going wrong.

Becca: Yeah, and it's almost like everything's like...the worst parts of the day are heightened.

Kain: So someone could come along and say something and do something which might be totally innocent, but because we're having a funk, it become magnified, something like that.

Becca: Yeah, suddenly it's the end of the world.

Kain: Suddenly it's the end of the world, my goodness. Now, I picked up on something last week. Now, I don't know if there's anything in this whatsoever. I'm just wondering, what is your relationship like, not with a person, with anger? We've got a...what's going on?

Becca: I don't know how to answer that.

Kain: What's your relationship like, just interesting, because I just remembered something you mentioned last week about responding a certain way when Mum speaks to you, and perhaps you might arrive at a conclusion that's usually assuming the worst of you, perhaps, and I just wondered what your relationship's like with anger.

Becca: I'm probably more of an angry person than people realise.

Kain: So you have a tendency to...

Becca: Yeah, but it's usually internal, so I feel really angry inside and nobody sees that, I don't project it.

Kain: Interesting. Now, I wondered this, so just to get clear here, sometimes if people say or do things, perhaps if you feel like you've been on the receiving end of judgement or an assumption or something like that, no-one else might even necessarily be aware that you're angry, because it's simmering down here somewhere, and happening down here. Now, that is interesting, isn't it? How long have you been aware of this?

Becca: A few years, probably since I was a teenager.

Kain: Since you were a teenager. If this anger had to have a starting point, where might that starting point have been?

Becca: Early high school.

Kain: Early high school. Can you remember the first time that you ever felt that anger?



Becca: Second year, I would have been 13, maybe.

Kain: 13.

Becca: Yeah, a few years ago, so there's vague memories.

Kain: Vague memories, so what was going on?

Becca: Friends drama that you have when you're a teenager, that kind of falling out with friends and having angry arguments and things.

Kain: Okay, so if we had to get a little bit more focus to see what the specific reasons...if there was anything, anything at all, because I'm guessing that it's going to come about for a very specific reason, because I'm guessing if we understand what the specific reason is, we might even be able to recognise a trend, and if we can recognise a trend, then who knows, we might be able to break it.

Becca: Yeah. People had made assumptions about me.

Kain: Someone had made assumptions about you, people, really? And what might those assumptions have been?

Becca: I can't quite remember specific details, but it was probably somewhere along the lines of they had assumed that I was taking someone's side and that wasn't the case, and they were getting angry at me and I'm like, I'm not taking people's sides. It was something along those lines.

Kain: How helpful do you find the assumptions?

Becca: Not helpful at all.

Kain: They're not helpful at all. What's your relationship like with assumption?

Becca: I hate them.

Kain: You hate assumption. Right, let's talk about it now, your relationship with assumption. I've just noticed here, you're not laughing so much now.

Becca: Oh, I just realised something there.

Kain: You just realised something. I was hoping you might realise something, I would love to know what this realisation is.

Becca: Just that I seem to get really angry when people assume things about me.

Kain: So you seem to get really angry when people assume things about you. Let's see if we can just identify a bit of a theme or a trend. So let's start off with those people in high school, alright? What about after that?

Becca: It was a while ago. I'm not friends with a few of those people now, so...



Kain: You're not friends with some of those people now. Is there frustration that comes about, because you don't like the assumptions that are made, specifically about you, when people are making assumptions about you?

Becca: It's like a direct judgement of your character when people make assumptions about you, about who you are.

Kain: Yeah, I'd say so.

Becca: It's almost like offensive, like why would you think that about me, especially if they're incorrect.

Kain: So we're not clear why it is that people would make assumptions about you, especially if they're not correct. I'm just wondering what it means, what does it mean if a person is more interested in arriving at an assumption about us, this judgement on our character, rather than asking questions, what does it actually mean?

Becca: Most of the time I would say they're not interested in learning about you.

Kain: So they're not interested in learning about you.

Becca: Yeah.

Kain: Is that the same as, they're just not interested in you? Or is it different?

Becca: It's maybe different.

Kain: Maybe how?

Becca: Like if someone's not like...I can't explain it. So if someone's making assumptions about you, it might just be that they've not got all the information, maybe they're missing something, might be that I've not told them something, but then they might make assumptions because they just don't care to listen.

Kain: They don't care to listen because it's easier.

Becca: It's like people in high school, it was like they just didn't really take the time, whereas my mum and dad, I know they care, so it's more that I don't tell them things.

Kain: So you don't tell them things, because historically a few times in the past, they've assumed incorrectly.

Becca: Yeah.

Kain: So it would seem to me – I'm not sure – that when a person assumes, makes an assumption of you, that is just chiseling a little bit of the trust away from the relationship. I'm guessing if it happens once, well, you know, everyone can get it wrong sometimes, but if it happens twice or three times or four times...

Becca: Yeah, so it's just like...I can't really...it's not I can't be bothered with them, but it's like why would I put up with that?



Kain: Why would you even be interested in tolerating that? That makes pretty good sense to me. So let's come back to anger then, let's just talk about your relationship with anger. I'm wondering what anger gives you, what does anger give you? If you just had to use one word to answer, what does anger give you? Because I reckon it's going to give you something, it must give you something.

Becca: Frustration.

Kain: Yeah, so, anger, frustration, what does it give you? For what purpose? You might just have to really look and see what the honest answer is. You most likely won't know this in your head.

Becca: To vent?

Kain: To vent.

Becca: Yeah.

Kain: For what purpose?

Becca: I suppose sometimes I just bottle things up quite a lot, so then I end up just coming out as anger.

Kain: And when it's all coming out, what's it?

Becca: Just like my frustration at things that people just don't listen to me.

Kain: So I'm guessing that...yeah, it's going to be frustration, you might be a little bit angry, feeling a little bit angry, but I'm wondering what's coming out through this anger. It's most likely you're going to be...are you saying things or are you doing things?

Becca: No, I tend not to say or do...I tend to just disappear when I'm angry.

Kain: You disappear when you're angry.

Becca: Yeah. I don't like...because like obviously when you're angry you sometimes say things you regret and stuff, and I know that, so then I'll just remove myself from the situation.

Kain: Oh, interesting, okay. So what does that give you?

Becca: Nothing good. Usually means I'm just sitting alone somewhere, really angry and tense.

Kain: Nothing good, so it means that you end up just sitting on your own somewhere, feeling tense.

Becca: Yeah.

Kain: So what would you say the difference is between connection and disconnection?

Becca: Connection's good.



Kain: Connection's good, and how is it that we get...how is it that you get connection from people?

Becca: Chatting to them. I'll bring it back to what I had said before about my friends and stuff, now I chat to them all the time, I tend not to be angry with them for anything, because we usually talk about whatever it is, yeah.

Kain: Okay. So disconnection, when disconnection enters a relationship, that's a result of...?

Becca: Miscommunications and assumptions.

Kain: Miscommunications and assumptions. I'm wondering what the connection is between disconnection and anger. What's the connection? What's the relationship like between disconnection and anger?

Becca: Not quite sure.

Kain: Not quite sure. That's okay. Would it be okay to have a look?

Becca: Yeah.

Kain: Do you reckon?

Becca: Yeah.

Kain: Do you reckon it would be worthwhile knowing what the connection is?

Becca: Probably, yeah.

Kain: So give me an example of disconnection, let's just talk about when...so you mention sometimes if assumption enters a relationship, say someone assumes something of you, and you feel the anger bubbling up inside or something like that, and then you remove yourself. What would you say that is?

Becca: Disconnect.

Kain: So that's disconnection, okay, so who's choosing that disconnection?

Becca: That's me.

Kain: That's you, but what would you say about assumptions, what's assumption, is that connection or disconnection?

Becca: Disconnection?

Kain: I'd say so. If someone's assuming...if someone's making an assumption of you, then that's them not prioritising connection. They're assuming that they know you better than what they actually do, so it seems to me that you're going for connection, you want the connection, you get frustrated when the connection doesn't happen, the connection's not happening when someone else makes an assumption, so someone else makes the assumption, disconnection, they're bringing disconnection into the



relationship, and then you then also disconnect. So other people disconnect first, you disconnect second, how's that? How does that fit? How does that work with you? Is that even accurate?

Becca: Yeah, I would say so. I tend not...yeah. Yeah, it's probably more of a reaction to something than me doing it beforehand, so...

Kain: Interesting, a reaction. So I'm just wondering, see when people are making assumptions, how do you know that they're making assumptions? How do you know for sure they're making assumptions?

Becca: Because you can't always know someone's making an assumption, so I guess I just jump to conclusions on things.

Kain: Pardon?

Becca: Like I said before about my mum and speaking to her, and I had sort of...yeah, I had made an assumption that she wasn't...

Kain: My goodness, and what would you call that?

Becca: That would be disconnect.

Kain: That would be disconnect, and it seems to me that this disconnect is something that you don't like.

Becca: Dammit.

Kain: Pardon? Did you just say dammit? Oh my goodness. Interesting. Now, I'm going to take the pressure off now, did it feel like I was applying a little bit of pressure there for a while?

Becca: That was like pushing buttons.

Kain: Pushing buttons, I could see your foot tapping there, I could see that tapping was getting a little bit, so I could see you're perhaps feeling a little bit uncomfortable, so let's just come out of that now. I just wondered, I just felt like it might have been useful just to explore, but it seems that we've actually just made quite a big connection. It's like we've just come full circle, that's what it seems to me. Now, I don't know, because I don't know what it is that you've just come to realise inside of your mind, so I would love to better understand the connections and the links that you've now just made. In your own words.

Becca: Yeah, I've just realised I tend to jump to conclusions and assumptions sometimes in times that I shouldn't.

Kain: Interesting. So you jump to assumptions and make conclusions.

Becca: Yeah, when it comes to my family.

Kain: When it comes to your family. So you're jumping to conclusions and making assumptions that they're jumping to conclusions and arriving at assumptions.



Becca: Which sometimes they do and sometimes they don't.

Kain: Sometimes they do and sometimes they might not.

Becca: This is probably a habit I've picked up from being a teenager, probably.

Kain: Being a teenager. I'm wondering if it's...if we were just to really just get clear, I'm wondering if it's easier sometimes just assuming that people are assuming the worst of us, because it's kind of one way that we can use it to protect ourselves a little bit, rather than leaving ourselves wide open to be judged or seen the worst of, if we can cut people off and assume that they're assuming the worst, then we can walk away and get away from what would potentially be quite a hurtful experience, wouldn't it?

Becca: Mm-hmm. Yeah.

Kain: What does that mean?

Becca: Just I have a habit sometimes of expecting the worst outcome first, so then it's better if it's not the worst outcome.

Kain: So you have a tendency to expect the worst possible outcome first.

Becca: Yeah.

Kain: Okay, even when that might not even necessarily happen.

Becca: When it mostly doesn't happen.

Kain: When it mostly doesn't happen. Interesting. Well, what I like to see, another purpose of counselling is sometimes just to help us become more aware of the options and the choices that we have, because options allows us to take more responsibility for creating change within ourselves, so I'm guessing what we cannot do, what me and you cannot do is we can't determine whether other people arrive at assumptions about us, whether they make conclusions about us or anything like that, so we can't control that, but we can start making changes in ourselves, which might then in turn be more helpful in the relationships that we have. So I'm wondering, if there was one change that we could even start making today, just based on what it is you've come to realise, that might serve your relationships in some way, what would that be?

Becca: Taking just a breather from myself when I feel like I'm just going to assume things, or when I feel like I want to just walk away, just take a breather and think it through.

Kain: Stop, take a breather. How often in the past have you done that?

Becca: Not very often.

Kain: Not very often.

Becca: I say not very often when it comes to my family.

Kain: Not very often when it comes to your family.



Becca: Yeah, if I think about that when I'm with my friends, I do it all the time.

Kain: So you do it all the time with your friends.

Becca: Yeah.

Kain: Why is that? What is it you get more from your friends than what you get from your family?

Becca: That sort of trust that I know that they're not going to...I know I can chat it out with them.

Kain: So you know you can chat it out with them, you know you can trust them to not assume the worst and so on and so forth

Becca: Or even if they are assuming something, just communicate that that's not it.

Kain: Okay, fantastic. Could we just take this conversation in a slightly different conversation, if that's alright?

Becca: Yeah.

Kain: What I'm going to do, I'm going to just pull out old Betsy here, I'm wondering if...do you know what this is?

Becca: A Russian doll.

Kain: Russian dolls, that's right, trying to get one doll inside of the other. In this one there should be another one, yes, there is, and do you reckon there'll be another one inside of there?

Becca: Yeah.

Kain: There should be, I reckon there will be. My goodness, there's two inside of here, actually, three inside of here, four inside of here, my goodness, it just keeps going on and on, loads of them. Right, so if I can put all these back together again...so see all these little dolls? If I was just to relate to what it is that you've just talked about it, see when you mentioned anger, or when I picked up on the anger, the only reason I could really pick up on that is I can remember back when I was in my teens, my twenties especially, I would get so angry when I felt that people were arriving at assumptions, making conclusions about me, judging me unfairly or incorrectly. You know what, it would make me small, people were looking down on me, and I used to hate it. I'm guessing, because I always, probably like you, prioritised that connection too, so if someone else was judging me, putting me down, then that's another person putting disconnection before connection. So when it comes to how you relate to your...go for your mum, how would you relate to your mum if you were to use these little figures to illustrate or demonstrate? So just to be clear, that's you.

Becca: I think that one's my mum.

Kain: So that's your mum, that's you.



Becca: Yeah.

Kain: Who would that be?

Becca: I have no idea.

Kain: If it had to be someone, someone that you know, who would that be? If that had to be someone that you know in life, absolutely had to be, who might that be?

Becca: That's more likely to be me then, because I don't think there's anyone.

Kain: Okay. Who would this be?

Becca: My sister.

Kain: So this would be your sister.

Becca: Yeah.

Kain: So your sister's slightly bigger than you.

Becca: Yeah.

Kain: Who would that be?

Becca: Dad.

Kain: So this is Dad. So just to be clear, if we were to get a natural order of things, we'd have Dad and then we'd have Mum, and then we'd have sister and then we'd have you.

Becca: Yeah.

Kain: So we can take this one out the way completely, alright? Cool. So what's happening here, what does this mean about you?

Becca: It's very small compared to everyone else.

Kain: So you're very small in comparison to everyone else.

Becca: Yeah.

Kain: So Dad's big, and then Mum, and then sister and then you. So how does anger relate to being and feeling this size? What's the connection between anger and being this size?

Becca: It's probably more to do with the feeling like...

Kain: It's probably more to do with feeling like...

Becca: Trying to think of the word...not like...not understood.

Kain: Not understood.



Becca: Yeah, I'm struggling with that one.

Kain: Understood, that's okay. Now, this is interesting, because sometimes we know what we mean, we know how we see things, but sometimes how we see things can be very, very hard to put into words, so I'm wondering if we could just stay here for just a little bit. If you were to relate yourself to the rest of your family in terms of closeness, how would you move all these dolls? For example, if I was to relate to my family, so I've got my mum, my dad and my sister, I would...let's just say that I was here in the mix, I'd have my dad, my mum, me and then my younger sister, so how I would relate to my family in terms of closeness would be I would probably position myself over here. I would have Mum and Dad over here, and for me, I always felt like my sister and them were closer than me, so I always felt a little bit out on a limb. Now, this always frustrated me, I always found this really frustrating. For growing up most of my life, I felt quite isolated, so that's how I would relate. If you were to relate to how it is that you feel, how would you reposition the dolls?

Becca: See I find this a strange one, because I'm actually...I would say I'm equally close to them all, but like I would still put myself further away from them all, but for like different reasons. So like I'm probably not as close as I'd like to be.

Kain: You're not as close as you'd like to be.

Becca: Yeah, maybe not so much with my sister.

Kain: How about your sister's closeness to them, how close is she to them? Or how close do you see her being to them?

Becca: It's a strange one, because I would say that we're probably equally as close to my mum and dad, but there's a seven year age gap between us, so there's a bit...like sometimes we'll get on with each other with certain things, but at the same time she's sort of on a different level, like she's got her own house, she's got a husband, she's now got a child, so...

Kain: So very different circumstances.

Becca: Yeah, just different lifestyles, and we just prioritise different things, so we sometimes run on different levels with things, so we'd probably be like that.

Kain: Is that accurate?

Becca: Yeah, that'd probably be more accurate.

Kain: That's good, that's great. What I would...I reckon it would be interesting to understand is what stands in this gap here, what is in this gap? If we had to name what's actually in the gap, what do you see that being, the gap between where your mum is, or your dad, or where you're at? Obviously here between you and your sister is difference, so here the gap's just difference. You've gone down two totally different career paths. Now, if I was just to acknowledge some of the things that we discussed last week, fear, worry, approval or lack thereof, what would you say comes in this category?

Becca: I'd say lack of approval would probably be it.

Kain: Lack of approval.



Becca: Yeah.

Kain: And how specifically is it that you know that the lack of approval's here?

Becca: I was actually thinking about this the other day, and I was just thinking, because when I was younger, my mum used to always say, it doesn't matter what you do when you're older, I'll approve, I'll be behind you 100 percent, you could be just sweeping the streets, as long as you're happy, it's fine, but I felt like that's not quite...she might say that, but sometimes it doesn't feel like that's what's coming across.

Kain: So it feels like what she's saying's slightly different from...

Becca: So she'll say it beforehand, but then when I actually make a decision, it's not actually how she feels.

Kain: Okay, that's interesting. I'm wondering what your mum's greatest fear might actually be. If we were just to look at what's happened here, I'm just looking at the way that you're all facing as well, so you're facing that way, your sister's facing that, there's obviously a lot of difference coming between here, so I'm wondering what your mum's greatest fear might be, if we were just put ourselves in Mum's shoes just for a moment, what might the greatest fear actually be?

Becca: I'm not quite sure, but I would say it's like if something was to go wrong with us, like me and my sister, it would probably be...like that would be her big thing.

Kain: So how about you see, and if it's easier for you to do this, feel free to close your eyes, see if you can just see what's true here, and if you were just to look at life through your mum's eyes, which can be a really, really tough thing to do sometimes, and just imagine what it is that her greatest fear might actually be in relation to you and your sister. What might her greatest fear actually be?

Becca: I don't know quite how to put this into words, but I don't want to say fail at life, but like not be happy at life, not feel like I'm...I suppose she's dealt with depression as well, so I think that's one of her fears, is that we'll not be happy or we'll be depressed and we'll feel like we don't like life and...

Kain: So her greatest fear is that you go on to make some of the mistakes that she's made in her life.

Becca: Yeah.

Kain: Perhaps, and experience some of the things that she's experienced that she knows wasn't good.

Becca: Yeah.

Kain: So her greatest fear is that you, as her daughter, goes on to experience some of the greatest hurts that she's experienced. How would you define that in terms of a mother's view on her daughter, how would you define that?

Becca: I don't know quite how to define it. It's something that I think a lot of mums



or dads will feel like they don't want their children to make the same mistakes you make.

Kain: Interesting. So how might your mum feel, say for example, if this was her greatest worry or concern about you, you don't experience the same hurts that she's experienced, and then you turn your back and distance yourself a little bit, bring some disconnect into the relationship.

Becca: That would probably upset her.

Kain: That would probably upset her. Why do you think that would upset her?

Becca: I don't know, I'm just...I suppose I'm actually closer to my mum than anyone in my family.

Kain: Closer to your mum than anyone in your family.

Becca: Yeah.

Kain: I'm wondering why it was that you just moved yourself back there a little bit. What is it you've just realised?

Becca: I talk to her about more things than I talk to anybody else in the family about, I suppose.

Kain: Okay, so you talk to your mum more about other things than what you talk to anyone else about these things with.

Becca: Yeah.

Kain: Okay, interesting. Have you just realised something here?

Becca: Yeah, just that we're a lot closer than what I initially thought.

Kain: You're a lot closer than what you thought, even maybe half an hour ago or something like that. Interesting, okay. So in terms of being understood, how would you be able to start being more understood by your mum or by your dad or by your sister, for that matter, if you wanted to, today?

Becca: Talk to them more.

Kain: Talk to them more, interesting. So on a scale of one to ten, how willing have you been to just open up and talk to them about these important things, in terms of how close you feel to them, in terms of the connection in the relationship, what you want from them?

Becca: Three.

Kain: Three? My goodness. So if we were between now and next week, when we get back together again, make even one small change that would allow us to get from three to either four or five, what would that change be?

Becca: Just taking some steps to open up a bit more.



Kain: Take some steps to open up. What might those steps be, if they had to be something, had to be a step, a specific step?

Becca: Be a lot more honest with them.

Kain: Be a lot more honest. What might that honesty encourage? And if you were to be more honest, what do you think it might even help your mum be able to do?

Becca: Maybe a little bit more relaxed, not worry so much.

Kain: She might be a little bit more relaxed, she might not worry as much. Alright. How have you felt this week? Shall we...

Becca: More stressful than last week.

Kain: More stressful? Is stressful the word?

Becca: Yeah. No, not stressful.

Kain: What's the right word? Let's just take the pressure off now, let's just look at what's happened?

Becca: A little more intense.

Kain: A little bit more focused, was it?

Becca: Yeah, more focused.

Kain: More focus, a little bit more intense. So last week we looked at some shallow surface level stuff, didn't we?

Becca: Yeah.

Kain: This week what I was aware of was the foot tapping and a little bit more...I could see you trying to shy away from me just a little bit. How have you found this? Has any of this helped you to make any connections?

Becca: Yeah.

Kain: I have. You know what, I don't even need to know what the connections are. If you could use a couple of words just to define what these connections are, how would you do that?

Becca: Just realising about the disconnect that I create.

Kain: You've realised a bit more about the disconnect that you create, so if you are creating some of the disconnect – and it won't be creating all the disconnect, because it always takes two to tango, doesn't it – but if you're responsible for creating some of the disconnect, then that means that you could perhaps potentially taking responsibility for creating some of the connect. I'm assuming that that would possibly empower you a little bit to start taking a bit more control of the process, rather than running away perhaps and avoiding those stressy conversations, perhaps stop and...hmm.



Becca: Yeah, take a breather.

Kain: Take a breather, interesting. Cool, so how have you found it this week, Becca?

Becca: Good, but yeah, more intense.

Kain: A little bit tougher. Is it okay?

Becca: Yeah.

Kain: Are we still friends?

Becca: Yeah.

Kain: We're still friends. How would you feel about coming back again next week?

Becca: Yeah, that would be...

Kain: Would it be helpful?

Becca: Yeah.

Kain: How about we come back next week and next week, how about we look at...so we won't do this again, next week we'll look at how it is that you're relating differently to your family members and other people in your life, if in fact you are, and we'll just see if we can establish what it is that's changed, we can maybe even work out a strategy so that potentially moving forward in the future, you don't end up having this sort of problem. Just say for example you have a daughter someday, and your daughter ends up feeling like this, then you might be able to better understand, to prevent someone else going through the same thing. How does that sound?

Becca: That sounds good to me.

Kain: Does that sound good?

Becca: Yeah.

Kain: Alright, well, thank you very much, Becca.

END OF SESSION 02



START OF SESSION 03

Kain: So Becca, welcome back, thanks for joining me once again. This is going to be our last and final session together, how do you feel about that?

Becca: I'm okay about it.

Kain: You're okay.

Becca: Yeah.

Kain: How have you felt about the entire process?

Becca: It's been an interesting experience. It's something I've never done before.

Kain: It's been an interesting experience and it's something that you've never done before.

Becca: Yeah. I feel like I am quite...I reflect back on myself quite a lot, but I didn't realise that sometimes it takes someone else to just put you in that headspace and use certain phrases or words to get you to think about things in a different way.

Kain: That's a brilliant response.

Becca: So yeah, so before when we spoke about the disconnect and connecting thing, I genuinely didn't realise that it was me that was disconnecting first, I thought it was...that I'd reacted to things, but it wasn't until I sat and had that conversation with you that I realised that no, I am the one that's disconnecting first.

Kain: Interesting. So it seems to me then that you've taken a bit more responsibility for the part that you were playing in the process.

Becca: Yeah, it's responsibility as well, like I feel like I try to take responsibility, but sometimes I obviously haven't been when I thought I have been, I've been sort of passing that responsibility off on to, say, my family members, thinking that it's...in fairness, out of fairness, thinking it's their fault, and it's actually not, it's something that I've been doing as well.

Kain: Interesting, okay. So you're able now to recognise the part you're playing in bringing disconnect into the relationship. You've mentioned fear, fearfulness, what do you mean by that?

Becca: So like...

Kain: In terms of perhaps how you relate to your mum, maybe?

Becca: Just even realising that the fear is there can sort of trigger a different reaction.

Kain: Okay, so does that mean becoming more aware of what's actually happening inside of you?

Becca: Yeah, awareness.



Kain: Okay, brilliant, that's more of an awareness, good. So what's changed for you in terms of awareness over the last few days?

Becca: It just helps me understand why I'm feeling the way I'm feeling, so rather than me thinking that it's, say, my mum is disapproving of me, which was one of the things we had spoken about before, it's actually me and how I feel, and it's not actually to do with her, so if she's speaking to me now, I'll take that time to think about it and just realise that it's something that I feel, and she's just not...it's not her disapproving, it's just her worry and that's actually okay.

Kain: That's okay.

Becca: It's not something that's wrong with me in that sense.

Kain: Brilliant, okay. So if that makes sense, then how would that then impact your confidence, or how has that impacted your confidence? It seems to me – just a mere observation, by the way – that you're sitting and carrying yourself very different than how you did this time last week.

Becca: Yeah, I'd say my confidence has increased.

Kain: Your confidence has increased?

Becca: Yeah.

Kain: My goodness, does that mean that our work here is done?

Becca: Not quite, but yeah.

Kain: Not quite.

Becca: I think it's something that would need to be worked on long term, but it's definitely helped improve it.

Kain: So we can see things differently now. I'm just wondering, how it is that you see the link between how you feel and what it is you think about, is there any link there or connection that you can make? Say for example, you know when we have a conversation with someone, and we would naturally just be very, very quick to assume that another person is assuming something about us. If we're assuming something, that's us thinking about it, and if we assume that someone's assuming something about us, then we feel a certain way, and it seemed to me that that was perhaps triggering the confidence issues.

Becca: Yeah, so if I can just take a step back and not make those assumptions, and I want to say relax a little bit, because I suppose sometimes I get quite tense about a situation, or the fact that people have assumed things, so if I could just take a step back and relax about it, and take a second to think about it, it makes me realise that it's not...that's not how they're feeling, that's not them, and it's me, and that in itself is confidence raising, because then it's not someone else's opinions.

Kain: Interesting. So you're realising that. I like to use this word empowered, by you realising that, do you feel more empowered?



Becca: Yeah.

Kain: You do, well, you said that quite boldly, you said that in quite an empowered fashion.

Becca: I think that was the word I've been trying to think, you know when you try to think about words and you can't quite grasp the word that you're thinking about, that would be the word I would say.

Kain: Empowered to do or empowered for what?

Becca: It makes me feel more empowered, that it's all in me and I'm not reacting to outside influences too much, it's all inside me.

Kain: So because your responses are inside of you, that means it's up to you to determine how it is you respond. So it's not up to your mum, your mum doesn't make you feel anything, is that what we're saying?

Becca: Yeah.

Kain: My goodness, this is absolutely fantastic. Alright, so you've come to now appreciate that it's not your mum or anyone else that can make you feel anything whatsoever, it's actually more to do with what you think and the assumptions that you make in relation to the assumptions that people may or may not be making about you.

Becca: Yeah, that just sums it up quite nicely.

Kain: That sums it up quite...that's a good summary, is it? Fantastic. Well, to be honest with you, I think we're just about done here, I think our work here is done. No, it's not, I think we've got a few more things we just want to tidy up. We mentioned last week, one of the big aha moments seemed to be that you didn't realise that you were disconnecting first.

Becca: Yeah, and when I realised it, I think I was a little bit disappointed in myself.

Kain: You were disappointed in yourself.

Becca: Because I always seemed to think that it wasn't...it's not someone's fault, but in a way I felt like when I realised that actually, it's been my fault the whole time for the way I've been feeling, not someone else's, because if I'm the one that's disconnecting, like I genuinely believed that it was me reacting to something and not that I was disconnecting first.

Kain: Interesting. So you were kind of bringing into the relationship the one thing that you didn't want.

Becca: Yeah.

Kain: Interesting. So I'm interested, you used the word fault, could we just...I like when we use little words like this, fault, I'm wondering if we could relate, or if there's any way we can relate this word fault back to...remember what we talked about in week one, when we were discussing...when Mum assumes something of us, she makes an assumption which perhaps might make us feel a little bit small or angry or something like that, like it's...like we're not getting it right or we're getting it wrong, like something's our



fault, perhaps, how do you relate to this idea of fault? Who's to blame?

Becca: It was a strange one, because as I was saying to you before about like...I wouldn't have said it was my mum's fault for something, but now that I've switched it and realised that I'm the one disconnecting, I'm saying it's my fault.

Kain: Your fault, okay. How does that make you feel?

Becca: I feel a bit bad about that.

Kain: Feel a bit bad. I'm wondering if there's a different way, a more helpful way that we could look at this.

Becca: It would be helpful, because I wouldn't have said that fault is the right word for it, in fairness. If I was thinking that the same thing that my mum was doing, and I didn't think it was a fault, and I'm actually the one doing it, I can't really say it's a fault as well.

Kain: It seems to me, if we were to look at this reasonably, it might be the case that your mum, over the years, has arrived at some assumptions, and it seems to be the case that you have also become very good at arriving at some assumptions, right? Now, what we could say is, oh, it's my fault, or we could say that it's just a bad habit that we've learned over the years. Could we say that?

Becca: Yeah, bad habit seems like a better way to describe it than fault.

Kain: A little bit...yeah, because if it's fault, it's like you're at fault, there's a fault with you, you're faulty, there's something not right with you, and that for me, if something was my fault, I'd be thinking, my goodness, does that mean there's something wrong with me? That would probably impact my confidence. However, if we've just learned a really bad habit, you know when I was in my teens and my twenties, I used to smoke a lot of cigarettes. You know what, I used to hate the smell of cigarettes, and sometimes I wanted to stop, no, I'm just a smoker, that's it, it's my fault, until I realised that we have choices that we can make. So when I realised that I'm taking responsibility for the fact I'm smoking cigarettes, I had to figure out what it was I wanted more of, and that was I wanted to be healthier, I didn't want to smell like cigarettes anymore, so it was quite easy then to make the change. So fault, if we were to say it more like, just learn bad habits throughout life, it's easier to replace bad habits with better habits.

Becca: Yeah, that's true.

Kain: Easier to replace a habit than what it is to replace a fault, isn't it? So I'm wondering what new habits we could perhaps start building today into your life, what new habits. So I'd say to start with, what we might just have to get crystal clear on is the sort of trigger, you know the trigger that would trigger either that anger or the frustration that then triggers the disconnect, then triggers the fault, then triggers the confidence, it seems to be that that's the kind of vicious circle, isn't it, it's something like that. I'm wondering if there was some way that we could change a habit right back at the start. What could the habit be, or what might it be? If it had to be something, it could be anything, and there's no right or wrong here, by the way, no rules, that's the best thing about making changes in our lives, you get to make the rules.

Becca: I would say the first thing that would make a difference would be to stop



walking out the room.

Kain: Stop walking out the room.

Becca: Because that's the first thing I would do be to walk out the room and not acknowledge what's going on.

Kain: So it seems to me that that's you automatically taking responsibility for what's happening, are you feeling?

Becca: Yeah.

Kain: So what might happen next?

Becca: It would put me in a situation where I could have the conversation with someone.

Kain: You could have the conversation.

Becca: Whoever it might be that I'm speaking to, usually it would be my mum.

Kain: Okay. For example, yeah, I mean, I guess if we deal with this issue now, then we're not going to have to deal with it again anytime in future life, so this'll give you a really good thing to have now. So if we can stop and not choose disconnect over connect, then that means you're still going to have connect, so if you've still got connect, what is it that you're now going to be able to do, seeing as you still have connect?

Becca: The more I'm connecting, conversing with someone, the more I would trust them, the more I trust them, the more I can talk about my issues and whatever is going on at the time, and the more I would then feel confident.

Kain: So the more honest you can be, because you're maintaining the connect, and I'm guessing that the more honest that you choose to be, the better chance someone else has of...

Becca: Talking to me and being honest with me in how they feel and then...

Kain: What about understanding you?

Becca: Yeah.

Kain: And if a person actually understands you, what it is that you really want to achieve, what you're passionate about and good at, that you like and what you actually want, then what room do you think there would then be for a person to arrive at incorrect assumptions?

Becca: Not very much.

Kain: Now, I'm just wondering, have you ever made an incorrect assumption?

Becca: Probably. I can't think of any off the top of my head, but I probably have.

Kain: There's a pretty good chance that sometimes we end up arriving at the wrong end of the stick. Do you think there's a pretty good chance that sometimes



other people make incorrect assumptions?

Becca: Yes.

Kain: Do you think that your mum or your family members or every single person in the world has benefitted from having a conversation like this?

Becca: Yeah.

Kain: Yeah, so if everyone was to benefit from having conversations like this, everyone would be able to see the part that they're playing in their own lives and issues and stuff like that, so not everyone has this, which means I guess that this gives you the opportunity to...what does that give you the opportunity to do?

Becca: Take those steps and make the first move.

Kain: Initiate and lead by example and create what it is that you actually want more of in your relationships. Interesting, okay. So I'm wondering if we could do something right now, and this might seem a little bit weird, alright, it might seem a little bit weird, but have you ever heard the saying that practice makes us permanently better at doing things?

Becca: I've heard similar sayings, yeah.

Kain: Similar sorts of sayings. I wonder whether you would be willing to tell me exactly what it is that you would like your mum to know about you, just pretend, speak to me as if you're speaking to your mum, and what I'll do is I'll respond in the way that you need and want your mum to respond. So basically I'm not going to interrupt, I'm not going to ask any questions...well, I might ask appropriate questions, but I'm just going to literally give you all the time and all the space that you need to be as honest and as open and as transparent and as genuine as what you can be.

Becca: My biggest thing that I'd like for her to understand is that I don't hold so much importance on money, and that my happiness and my way of life isn't going to be focused around money, and that even if I don't have any, that's okay, and I'm still going to be okay, and that there's no need for her to worry that I'm going to be sad because I'm missing out on anything, but it's not what I hold important.

Kain: Okay. So now would you be willing to tell me that, tell me as if I'm your mum. I know I don't look like your mum, I know this is a crazy exercise, but tell me as if I'm your mum, practise on me. So this is your practice training ground, having a conversation with me that you can potentially have with your mum, because this, I can only imagine, would hopefully help you to set the record straight, deal with this issue. You can say anything, say whatever, just be as honest and as real as you want. It doesn't matter what you say, I'm not going to interrupt, I'm not going to judge or assume or anything like that, it's all totally okay. So to start with, I understand that you're a little bit frustrated, because sometimes I'll assume incorrectly or arrive at incorrect conclusions or sometimes make judgements, but it's only because I care.

Becca: Okay, so I understand how much you care, but I just need you to understand that I'm actually happy and that if I'm unhappy, all you need to do is...I just need to tell you, and I'm not going to really hide it from you, as long as you don't freak out about it. It's the easiest way I can explain it.



Kain: Sometimes I just don't understand.

Becca: And that's okay, but I just need you to know that I'm actually happy with life and not... I'm not bothered if I don't have the money to go out every weekend, and I'm not bothered if I don't have...if I'm not going on holiday every year, as long as I'm happy each day, as long as I'm doing something that I like each day, that's what's more important to me, and right now I am, so yeah, that's the most important thing for me, so it's not something to worry about, or that I'm not concerned about, so I don't want you to be concerned about it.

Kain: It feels that we're not as close as what we used to be sometimes.

Becca: Then we would just fix that.

Kain: I don't know how to. I'm doing my best, I don't know how to sometimes, because I don't know...I don't always know where you're at or sometimes I just don't understand you. I want to, but sometimes I don't know how to ask the right questions.

Becca: Okay, so maybe I can just tell you more, if that makes it better, then I could just explain things to you more, so if I make an effort to just tell you, say simple things like where I am each day, what I'm up to, and not just brush you off, that could help things.

Kain: So how could I do better for you? How could I be the kind of mum that you want me to be? How could I be better for you?

Becca: I've just stalled now.

Kain: Because I want to be.

Becca: It would just be a case of taking time to listen to me so if I'm speaking to you, don't look at the laptop when you're speaking to me, or look away from the TV or just make an effort, even if we're just sitting having coffee, without distractions.

Kain: Is that what you feel I do sometimes?

Becca: Yeah.

Kain: How does that make you feel?

Becca: Unimportant.

Kain: Unimportant?

Becca: Yeah. I've just realised something, the minute I said that there, I didn't realise that before.

Kain: I had a funny feeling you might have done. What connection have you just made?

Becca: I didn't realise how much importance I placed on the fact that like when I'm speaking to my mum, she has a tendency to be distracted by things.

Kain: It's okay. It's alright, it's okay. I have a funny feeling that what we've maybe



just done is we've actually maybe just got to the root cause of what frustrates you the most, I would say. That's okay. Is it helpful being able to see this now?

Becca: It actually is quite a lot.

Kain: It's quite a big deal. It's okay, it's fine. I'm guessing if we know what the problem actually is at the root, then we can stop avoiding it and start dealing with it, can't we? I reckon if I was to offer a hunch, that's possibly the most honest that you've been with anyone for years, and you know what, I reckon we're okay. I reckon we sometimes can't move beyond things in life until we've just owned them. Yeah? How do you feel about this?

Becca: Okay actually, yeah.

Kain: Okay. Do you feel by any chance a little bit...if I was to offer some words, you just take the word that fits, lighter? Clearer? Clarity?

Becca: Yeah.

Kain: What other word would you use?

Becca: Just lighter was probably the best one.

Kain: Lighter. I can only imagine that, and please feel free to help me understand, because I want to understand, has this been maybe one of the main sources of your frustration?

Becca: Yeah.

Kain: Feeling unimportant, it comes or stems from maybe...we can sometimes feel like we're being ignored, like we actually don't have somebody else's full undivided attention. I'm guessing that's all we really want in life, isn't it, to be noticed, be more important than someone else's TV screen or home screen or whatever. So if we were to...are we okay to go on?

Becca: Yeah.

Kain: Are you sure, are you alright?

Becca: Mm-hmm.

Kain: What I would now like to do, if that's alright, with your permission, if you need to take time out, then we can just do this, it's absolutely fine, just let me know, there's no pressure here at all. I'm wondering if we could revisit the idea, you know how we've had one level of aha moment, of you were disconnecting, because you assumed that they were assuming, and then you realised that perhaps it was you that was initiating the disconnect, I'm wondering if now it is actually you who's initiating the disconnect, or whether at times you actually just choose to disconnect from the disconnect.

Becca: I'm not sure.

Kain: You're not sure. We're just trying to work out what it is that we're actually disconnecting from. You know when we walk out the room, it feels like that. What it is that we're actually walking away from.



Becca: Probably that feeling of being ignored, I suppose.

Kain: And if you're being ignored, what does that mean?

Becca: It makes you feel really small, I suppose, yeah.

Kain: Makes you feel small. Is there any other words you would use?

Becca: Yeah, unimportant.

Kain: Unimportant. So I guess separating ourselves from feeling unimportant is actually quite a good thing to do, isn't it?

Becca: Mm-hmm.

Kain: Okay. So how might we start bringing more influence into this environment, because I know at the moment you still live with your mum and dad, don't you?

Becca: Mm-hmm.

Kain: So at the moment there's not actually any getting away from it, which means that we can continue to run from it or we can develop a new approach.

Becca: Be more honest with her about how I'm feeling.

Kain: What else?

Becca: Maybe acknowledging the fact that that's how I feel.

Kain: You've just been totally honest with me. Is it okay? It's not easy, but is it okay?

Becca: Mm-hmm.

Kain: You're clearer. I'm guessing now if you were to be this honest with your mum, you might be able to be this honest without the anger and frustration, because you now know where the anger and frustration's coming from.

Becca: Mm-hmm. Yeah.

Kain: What does that mean?

Becca: Just...yeah, it would be good to be able to just sit down and if I have that conversation, I think that would make me feel better.

Kain: Okay. Who else do you think might benefit from this conversation?

Becca: Me having this conversation with the rest of my family.

Kain: So would it be just you that benefits from this conversation, or might other people benefit as well?



Becca: They would benefit as well.

Kain: In what ways?

Becca: They could be more honest with me, I could be more honest with them.

Kain: Okay, so if you start being more honest with your family, your family starts being more honest with you, what do you think might happen? Remember the gap between last week's dolls? What do you think might start happening?

Becca: Be closer.

Kain: Be closer?

Becca: Yeah.

Kain: In terms of your other relationship, now, I reckon that family can sometimes be the hardest relationships to manage, can't they, because there's always going to be expectation there always on some level, so I'm guessing that if we can become more effective in managing these relationships, how do you think that might impact other relationships that you have moving forward? I'm assuming at some point in the future you would like some other relationships, so what we're talking about here is we're talking about managing conflict, so we're talking about dealing with stuff rather than avoiding it and running away.

Becca: Yeah, it would help to have that...I'm trying to think of a way to describe it, but to not...

Kain: It's okay, it's alright.

Becca: I can't really put it into words, but to not do what I do with my family in new relationships, to not sort of disconnect from people immediately. If I set that kind of foundation with my family, it would...

Kain: It's going to give you training ground and practice for all the relationships that you have moving forward for the rest of your life.

Becca: Yeah.

Kain: So if we were to start doing this, how much need would you have ever again, if you were to start getting good at being this honest with people, it might take some time, I can imagine it would be like building up a new muscle, going to the gym and doing a new workout, how much room in any area of your life would you need to keep for wearing masks?

Becca: Not any.

Kain: Not any?

Becca: Yeah.

Kain: Are you wearing any mask today?

Becca: No.



Kain: No, no, no, you're being quite honest today. Now, there's a very big difference between how we're sitting chatting today, and how we were this time last week. This time last week I can remember you slouched back in that chair and you were...

Becca: Yeah, I think my hands were up here somewhere.

Kain: It was like you just wanted that chair to swallow you up, but this week things are very, very different now, aren't they? It seems that we've just had a bit of an eye opener, but it seems to me that you're actually starting to come to terms and make peace with this. Whereabouts are you at?

Becca: Coming to terms with it, yeah.

Kain: Coming to terms with it. What does that mean?

Becca: Realising what it is that's actually there. I was going to say wrong, but that's not really the right word, yeah, realising what's actually there, what's causing some of the problems.

Kain: The root of the problem. Have you ever heard...I used to remember, it was like a story or an analogy years ago, and it was when I used to do a lot of work with ex-military guys that had come back from Afghanistan, things like that, and I remember speaking to this lady, and she said the type of help that her organisation used to give people was kind of like putting a sticky plaster over an infected wound, where sometimes we can put on a mask and we can perhaps put an Elastoplast over our wound, but if the wound has an infection in it like a hurt or something like that, yeah, the wound might not be bleeding anymore, but the infection still goes a little bit deep. So I'm wondering if we were to look at this being ignored, for me, this would be like kind of rejection a little bit. I hate rejection too, I used to get very, very angry, I used to hate it, growing up, but like you now, I've learned to make peace with it over the years, and realised that sometimes people are just doing the best with what they have, don't always... usually people's intentions are usually quite good, usually, just that they have some very bad habits sometimes. So your habits, now that we understand, now that we can see all this stuff, what habits might you be able to start cutting out of your life and start building in to replace them?

Becca: Stop walking away from...or walking out the room from people when I don't like what I perceive to be the tone of their voice or what they're saying, and to stop brushing off when people ask me what's wrong or if I'm okay. Yeah, those are probably the two biggest habits I could stop to make a difference.

Kain: Okay. Can I ask you a question?

Becca: Yeah.

Kain: Are you okay?

Becca: Yes.

Kain: Are you?

Becca: Yeah.



Kain: Would it be okay if you weren't okay?

Becca: That's okay too.

Kain: Really?

Becca: Yeah.

Kain: Brilliant. So it's okay to be okay, but it's also okay not to be okay sometimes.

Becca: Yeah.

Kain: So I'm guessing that if there are days when we're not okay and people ask us if we are okay and we tell them that we're not okay, then that's okay.

Becca: Yeah. It's something that my friends are quite open about, is if you're not okay, just say it, and we just accept that, so that should really be something I transfer from my friends to my family as well.

Kain: I'm guessing if you can transfer that from your friends to your family, you might be able to transfer that over onto a future partner.

Becca: Yeah, and any new relationships I have.

Kain: Any new relationships that you have. I'm guessing this means that you're going to be a lot freer in your relationships to perhaps make less assumptions about them making assumptions of you.

Becca: Yeah.

Kain: Potentially even not walk away sometimes, to actually prioritise the connection rather than disconnection, which would seem to me like it would give you more what you want. Now, I'm just wondering, see the way in which you have, past tense, historically responded to all this stuff, when people speak a certain way or don't give you the full attention or it feels like they're ignoring you. If there was one person in your life who you might have learned this habit from, if it had to be one person, who might it be?

Becca: My mum.

Kain: Really? You might have learned this from your mum? Oh my goodness. So if we don't break this habit now, who potentially at some point in the future might learn this habit from you?

Becca: Yeah, if I had any children.

Kain: If you had any children, they might learn this habit from you, and would that be okay?

Becca: No.

Kain: No? Could you imagine what it would be like for you, if you were to discover that your children had the same problems relating to people, what was that?



Becca: That would be bad.

Kain: That would be bad.

Becca: I would feel horrible.

Kain: You would feel horrible. Could you imagine how your mum might feel initially when you're this honest with her?

Becca: Yeah, she might feel a little bit bad.

Kain: She might feel a little bit bad, but if you choose to maintain the connection and choose not to make any assumptions...

Becca: She'll feel better after a while.

Kain: Then perhaps what might happen between you both?

Becca: We'll be closer.

Kain: You'll be closer.

Becca: Yeah.

Kain: Fantastic. Becca, the last three sessions that we've had, how have they been?

Becca: Eye opening.

Kain: Eye opening. Do you feel like we've been on a bit of a journey?

Becca: Yeah, it's been something different for me, but yeah, I feel like there's been a whole process from A to B to B, and I've realised some things that I didn't realise before.

Kain: What was A?

Becca: My confidence and my connection with confidence and approval.

Kain: Confidence and approval. What was B?

Becca: The realisation that I actually disconnect first and I'm not...yeah, it's me that is the first person to disconnect sometimes.

Kain: Okay, taking responsibility for that.

Becca: Yeah.

Kain: And what's C?

Becca: I didn't realise I had placed so much importance on feeling...what was the word I used before?



Kain: You used the word ignored.

Becca: Yeah, ignored.

Kain: And that was such a big deal.

Becca: Yeah, I didn't realise it was such a big deal until I'd said it.

Kain: Until you were completely honest with someone who was just listening. Alright, so that's A and B and C. What could step D be?

Becca: Taking the steps to change that and the connection, the disconnection that was going on, and actually taking the step to not disconnect first.

Kain: Take that step first. What would the second step be?

Becca: Be more honest.

Kain: Be more honest, and if you then were to take that step and be more honest, what might happen as a result?

Becca: Confidence would go up?

Kain: Really?

Becca: Yeah.

Kain: So it seems to me that we might have come to realise over the last three or so hours, two and a half to three hours, who is it then that's responsible for your confidence?

Becca: I am.

Kain: Really? You are? That wasn't the case three hours ago, was it?

Becca: No, it didn't seem that way.

Kain: It didn't seem that way, but it seems to me we've had a bit of a shift in perspective, so what does this mean, moving forward, after we've finished this session?

Becca: That it feels more empowering to realise that you're in control rather than letting other people be in control, by giving them the responsibility. If I have the responsibility, I'm in control. That's more confidence building in itself.

Kain: You take responsibility for you, that's confidence building in itself. Does this make sense?

Becca: Mm-hmm.

Kain: Have you learned something?

Becca: Yeah.



Kain: Has this been a valuable experience?

Becca: Yes.

Kain: I do appreciate it's not been easy, because we've got a few guys over there and over there who are watching everything that we're talking about right now. Becca, I would like to thank you so much for being as honest as what you've been. Shall we wrap things up?

Becca: Yeah.

Kain: We're happy to wrap things up now.

END OF TRANSCRIPT

